



**HELP ME GROW**

**Home Visitation**

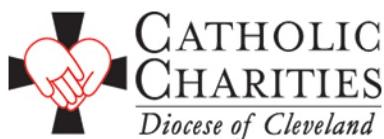
**Program**

**Lake County**



- Are you pregnant with your first child ?
- Is your first child currently under the age of 6 months old?
- Would in-home support for parenting and child development help you?

Catholic Charities' Help Me Grow Home Visitation program provides services that promote children's growth and development and supports families during the important, early years of a child's life.



**Providing Help. Creating Hope.**

[www.ccdocle.org](http://www.ccdocle.org)

Help Me Grow Home Visitation is **FREE** and designed to support pregnant women and families with children ages 0-3.

**Services include: everything is in your home!**

- Prenatal visits to help prepare for your baby's arrival and support a healthy pregnancy
- Ongoing developmental screenings to make sure your child is meeting their milestones
- Help with understanding your child's behavior each month as they grow and change
- New ways to play with and care for your child
- Links to helpful community resources

To make a referral for  
for yourself or a loved one, please contact:

**Lake County Help Me Grow**

**Central Intake**

**440-266-4078**

